

## Asparagus, Crabmeat or Chicken, and Grapefruit Salad

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12 pieces jumbo asparagus, trimmed stems, steamed until just cooked, still bright green, crisp and chilled.

2 cups mixed baby greens

1/2 pound crabmeat, colossal

12 pieces grapefruit sections

1 red bell pepper, chopped

1/2 cup Vinaigrette

2 tbs minced chives

### **Nutritional Facts:**

Calories = 260

Fat= 20g Sat. Fat = 3g

Protein =13g Carbs =9g, Fiber = 0g

### **Citrus Vinaigrette:**

1 tsp dijon mustard

1 tbs lemon juice

1 tbs lime juice

1 tbs orange juice

1/3 cup extra virgin

olive oil

Salt

Pepper

### *Instructions:*

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**To make the salad:** Lay 3 asparagus on each plate.

Put 1/2 cup greens on top of the asparagus on each plate to make a bed for the crabmeat. Note: chicken, cooked and shredded can be substituted. Divide the crabmeat or chicken evenly into 4 portions and place on top of the greens. Arrange the grapefruit sections around the meat. Sprinkle with bell pepper.

Drizzle with Citrus vinaigrette. Sprinkle on chives.

**To make the Citrus Vinaigrette:** In a small glass or stainless steel bowl, combine the mustard, lemon juice, lime juice, and orange juice. Slowly whisk in the oil. Season with salt and pepper to taste.

Makes 4 servings

Source: The South Beach Diet Cookbook